DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO



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FOR IMMEDIATE RELEASE February 8, 2013 NR # 13-03 CONTACT: Heather Griffis or Faith Mwiti Health Educators (800) 722-4794

Preteen Vaccine Week

"Check your Adolescent's Immunizations Every Year"

San Bernardino: Have you checked to see that your adolescent is up-to-date on his or her immunizations? The County of San Bernardino Department of Public Health is promoting Preteen Vaccine Week, February 10-16, 2013 as part of a statewide effort to remind families of preteens and adolescents about recommended and required immunizations.

Parents are encouraged to consult with their child's medical provider to get the following recommended immunizations for preteens & adolescents 11-18 years of age:

- ✓ Meningococcal (meningitis) vaccine & booster shot
- ✓ Tdap (tetanus, diphtheria, and pertussis) booster shot
- ✓ A second varicella (chickenpox) shot
- ✓HPV (Human Papillomavirus) recommended for both girls and boys.
- Seasonal flu shot
- Other immunizations may include hepatitis B, hepatitis A, MMR, and polio if they have not been previously vaccinated

"Protecting your adolescent's health and future can be as easy as immunizing against vaccine preventable diseases," said Maxwell Ohikhuare, M.D., County of San Bernardino Health Officer. "In order to stay healthy as an adolescent and to meet school entry requirements, we encourage families of preteens and adolescents to schedule a visit with their medical provider and get the immunizations they need."

Getting immunizations during the adolescent years is just as important as early childhood immunizations. All incoming 7th graders must provide proof of being immunized against whooping cough (also known as pertussis) before starting 7th grade. Now is the perfect time to schedule an appointment with your child's medical provider to ensure that your adolescent is up-to-date on all immunizations.

If your preteen or adolescent does not have health insurance or is underinsured, ask your medical provider or the local health department for information about the Vaccines for Children Program, which provides vaccines at low-cost. For County of San Bernardino Department of Public Health Clinic locations or to schedule an appointment, call 1-800-722-4777, Monday - Friday, from 8:00 a.m. to 5:00 p.m., or visit www.sbcounty.gov/dph. For additional immunization information, please visit www.shotsforschool.org.

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